

# Apples

*1 medium apple is about 1 cup thinly sliced*



## Ingredients

apples

### Directions:

1. Slice the apples into even pieces. (An apple slicer can be used for convenience.)
2. Optional: Dip the slices in lemon juice to prevent browning.
3. Prepare the trays: Line them with parchment paper.
4. Arrange the apples: Spread the slices evenly on the trays. If they are thin enough, you can double layer them.
5. Pre-freeze (optional): Cover the trays with lids and freeze until solid, or place them directly into the freeze dryer.
6. Freeze dry. (My cycle time was 33 hours.)

### Rehydration:

Not intended for rehydration—enjoy as a healthy snack or incorporate into your favorite recipe! If using in a recipe, add water at approximately  $\frac{1}{4}$  of the apple's volume to restore texture.

### Notes:

Adding cinnamon for flavor makes a great twist on a still healthy snack.

### Nutritional Value Per 1 medium apple

Calories: 95 Protein: 0.5 g Fat: 0 g Carbohydrates: 25 g Sugar: 19 g Fiber: 5 g